



Peachy Coronation chicken crostini

 Dairy Free

READY IN



34 min.

SERVINGS



20

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 small jar mayonnaise
- ☐ 1 tsp curry powder
- ☐ 2 chicken breast strips/pre-cooked/chopped skinless cooked
- ☐ 2 peaches thinly sliced
- ☐ 4 crusty baguette thin
- ☐ 1 tablespoon olive oil

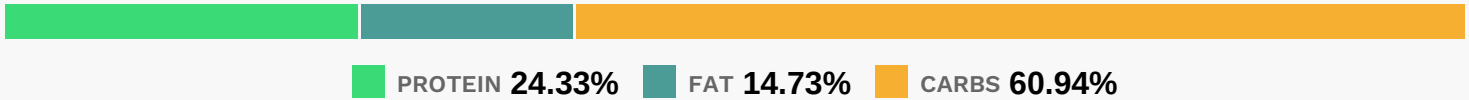
Equipment

- ☐ grill

Directions

- ☐ Mix together the mayonnaise and curry powder. Tear the chicken into thin strips with your fingers and cut up the peaches you can do this up to 2 days before. Keep in the fridge until needed. To serve, spoon some of the mayonnaise mixture over the crostini, lay chicken pieces on top and finish with a couple of peach slices.
- ☐ For the crostini bases, cut each of the 4 baguettes into 20 slices, cm thick, discarding ends.
- ☐ Drizzle with olive oil and place under the grill. Cook for 2–3 mins until lightly golden, then turn over and cook for another 1–2 mins until golden and crisp all over. Do this in batches and store in a large, airtight container at room temperature for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:8.35, Glycemic Load:17.02, Inflammation Score:-3, Nutrition Score:7.3204348395052%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 170.86kcal (8.54%), Fat: 2.75g (4.23%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 25.62g (8.54%), Net Carbohydrates: 24.32g (8.84%), Sugar: 3.61g (4.01%), Cholesterol: 14.63mg (4.88%), Sodium: 323.9mg (14.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.46%), Vitamin B3: 4.75mg (23.76%), Vitamin B1: 0.31mg (20.46%), Selenium: 13.68µg (19.54%), Folate: 55.24µg (13.81%), Manganese: 0.25mg (12.42%), Iron: 1.99mg (11.05%), Vitamin B2: 0.19mg (10.88%), Phosphorus: 90.37mg (9.04%), Vitamin B6: 0.16mg (8.01%), Calcium: 56.17mg (5.62%), Fiber: 1.31g (5.23%), Magnesium: 19.44mg (4.86%), Copper: 0.08mg (4.07%), Zinc: 0.61mg (4.04%), Vitamin B5: 0.38mg (3.78%), Potassium: 125.89mg (3.6%), Vitamin E: 0.42mg (2.83%), Vitamin K: 2.56µg (2.44%), Vitamin A: 53.51IU (1.07%)